

Low Head Circumference (AK 17–USDA 152)

Explain to Participant

You're enrolled in the WIC program today because your baby has a low head circumference based on national growth charts. A low head circumference is related to a variety of genetic, nutrition and health factors.

Goal

The goal is to provide the best nutritional support for your infant to help him/her gain weight and grow healthy. Your infant's head circumference can continue to grow and improve as long as his/her nutritional needs are met.

Suggestions for Reducing Risk

Follow the recommendations of your infant's health care provider.
Attend all recommended check-up appointments with your child's health care provider.
Explain the nutrition education materials suggested.
Offer breastmilk or iron-fortified formula for the entire first year.
Explain infant feeding cues and practices.
Feed your baby on demand.

Nutrition Education
Material Suggested

Food for Your Baby's First Year

Explain Applicable WIC Foods

WIC Foods	Nutrients Provided
Iron Fortified Infant Formula	Protein, Calcium, Vitamins A & C, Iron
Iron Fortified Infant Cereal	Iron
WIC Juice	Vitamin C

Explain What the WIC Nutrients Can Do for You!

Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.

Materials with More Information

Bright Future for Infants
The First Twelve Months